

JUST DON'T

"I never thought I would use drugs! But more and more pressure from my friends convinced me it wasn't so bad and I fell into the lifestyle. In only a few short months I hit rock bottom, but the worst was yet to come. At age 17, I overdosed when I was totally off guard. I fought for my life, was in a coma and flatlined twice, but even that wasn't what made me want to stop! You may not be so lucky! I found it can happen to anyone!" -
Read more about Nicole Hansen's story...

Nicole is in recovery. She went on to become Miss Teen Utah USA 2001, and carry the torch for the 2002 Winter Olympics.

Nicole Hansen grew up as the middle child in a suburb outside of Salt Lake City. She wasn't active on campus, didn't have many friends and felt very alone. During the summer that she was 17, everything changed.



Nicole

Nicole started going to parties where people were doing drugs. She met a guy she liked who gave her some. Soon, Nicole was doing this several days a week, with all different sorts of drugs.

One night she took a drug that caused her to pass out in the bathroom at someone's home. But no one was there to help. The owner of the house found her hours later - not breathing. She arrived at the hospital near death.

Nicole thought she had made great new friends - but they left her alone when she needed them most.

With the help of her parents, she made the choice to quit and turn her life around. Nicole had forgotten about her dreams while she was into drugs. So she entered the Miss Teen Utah contest in 2001, and winning it felt "ten times better than any high on drugs." Nicole moved to New York City to pursue singing and performing.

Marijuana:

Kids who have used marijuana before age 13 are making the least amount of money and have the lowest education level of all adult groups.

By trying marijuana, you are 104 times more likely to use cocaine.

Reaction time behind the wheel is 41% lower after smoking one joint of marijuana.

Prescription Drugs:

63% of young people who abuse prescription drugs also end up using marijuana.

Cocaine:

Cocaine narrows the body's blood vessels, so the heart has to work harder.

Alcohol:

Your driving skills and coordination are seriously compromised even before you feel the effects of alcohol.

Drinking coffee won't sober you up. The body has to break down the alcohol naturally over time, and caffeine will only help with drowsiness.

Car crashes are the leading cause of death for teens. Alcohol is involved in nearly half of those deaths.

You are over 40% more likely to become an alcoholic during your life by drinking before age 13.

www.asm.ca.gov/Keene

www.asm.ca.gov/Keene

I now know that not "everybody" is doing drugs and alcohol - and I won't either. And I'll sign my name to that.

go ahead/sign here/make a commitment

I now know that not "everybody" is doing drugs and alcohol - and I won't either.

go ahead/sign here/make a commitment

And I'll sign my name to that.

www.asm.ca.gov/Keene

JUST DON'T

Most teenagers don't use drugs. In fact, fewer than 1 in 10 do!

JUST DON'T

Bookmark this fact.

JUST DON'T

NO WAY
YEAH RIGHT

diga que no
NO DUH
FORGET IT
pa-uh
JUST DON'T
NADA

www.asm.ca.gov/keene

"When it comes to
doing drugs and
alcohol —
just don't."



Assemblyman
Rick Keene
3rd District

DISTRICT OFFICE
1550 Humbolt Road
Suite 4
Chico, CA 95928
(530) 895-4217
(530) 895-4219 fax

WEB SITE
www.asm.ca.gov/Keene

EMAIL
Assemblymember.Keene@assembly.ca.gov

CAPITOL OFFICE
P.O. Box 942849
Sacramento, CA 94249-0003
(916) 319-2003
(916) 319-2103 fax



